

Instructions Following Penile Prosthesis Insertion

These instructions will help you take care of yourself after you return home. Please follow them carefully:

- Wear snug fitting jockey shorts or an athletic supporter.
- For the first 24 hours, apply an ice pack (a bag of frozen peas works well) to the scrotal area (on top of your jockey shorts or supporter) continuously, while you are awake. Take care to protect the skin in the groin area and inner thigh with clothing or towels. The ice pack will help reduce the swelling and bruising within your penis and scrotum. The penis and scrotum will swell (double in size) and become bruised even though you are using ice packs. You will be given pain medication to take as needed. For comfort, you may position your penis up against your abdomen.
- Take showers or sponge baths for the first 7 to 10 days after your surgery. After 7 to 10 days, you may take warm baths. They might relieve the pain and soreness you may feel, especially after being up on your feet for awhile.

Apply Neosporin ointment to your scrotal incision (area that was cut) twice a day, especially after showering or bathing. A slight amount of drainage from the incision site is normal. If the drainage doesn't stop or if you notice, increasing redness, increasing pain or burning at the incision site call the number listed below.

- Take your medication as prescribed. You will be given an antibiotic that must be taken until all the pills are gone. Call the number listed below if you have a bad reaction to the medication.
- **Do not** have sexual intercourse for at least six weeks after surgery or until your doctor tells you that you are healed.

Watch for *signs of infection*:

- Fever
- Increasing pain
- Increased swelling in the penis or scrotum
- Increased drainage from penis or incision area
- Not able to urinate

If you notice any signs of infection or have any other problems, call the Urology Clinic at (612) 467-3532, Monday through Friday, between 8:00 a.m. and 4:30 p.m. At any other time you should call Urgent Care at (612) 467-2771.

(over)

Content approval: Urology Section

June 1984

Reviewed May 1987, February 1990, July 1992, August 1995

Revised November 1995

Reviewed March 1998, Reviewed December 2000

Revised October 2002, January 2004

VA Medical Center

Minneapolis, Minnesota